

CLAIMS

What is claimed is:

- 1 1. An fitness system for use across a
- 2 telecommunications network comprising:
- 3 one or more computers having one or more users
- 4 desiring motivational support for workouts; and
- 5 a fitness server communicably linked to the one
- 6 or more computers through the telecommunications network
- 7 and being configured to provide exercise routines,
- 8 parameters, tracking, and motivational assistance.

1 2. The fitness system of claim 1 wherein the fitness
2 server includes a workout module, a membership module, a
3 food module, and a email module.

1 3. The fitness system of claim 2 wherein the workout
2 module includes workout routines.

1 4. The fitness system of claim 3 wherein the workout
2 routines are predetermined workout programs.

1 5. The fitness system of claim 3 wherein the
2 workout routines are user specified workout programs.

1 6. The fitness system of claim of claim 4 wherein
2 the predetermined workout programs are daily workout
3 routines.

1 7. The fitness system of claim 4 wherein the
2 predetermined workout programs are weekly workout routines.

1 8. The fitness system of claim 4 wherein the
2 predetermined workout programs are

1 9. The fitness system of claim 2 wherein the workout
2 module includes workout logs.

1 10. The fitness system of claim 9 wherein the workout
2 logs correspond to one or more users.

1 11. The fitness system of claim 2 wherein the workout
2 module includes workout histories.

1 12. The fitness system of claim 11 wherein the
2 workout histories correspond to one or more users.

1 13. The fitness system of claim 2 wherein the
2 membership module includes payment mechanism.

1 14. The system of claim 13 wherein the payment
2 mechanism allows the membership module to verify payment
3 information supplied by one or more users.

1 15. The system of claim 2 wherein the membership
2 module is configured to update and verify the account
3 status of one or more users.

1 16. The system of claim 2 wherein the email module
2 is configured to provide motivational messages to one or
3 more users.

1 17. The system of claim 2 wherein the food module is
2 configured to provide nutritional guidance to one or more
3 users.

1 18. The system of claim 1 wherein the global
2 communications network is the Internet.

